

# Tip sheet

## Positive thinking

Positive thinking doesn't mean ignoring the challenges or negative aspects of life. Instead, it involves tackling life's difficulties with a constructive and optimistic mindset.



### Characteristics of different thinkers

#### Positive thinkers typically:

- acknowledge their achievements and give themselves credit for successes;
- attribute failures or bad outcomes to external factors;
- view negative events as temporary and uncommon.

#### Conversely, negative thinkers often:

- interpret situations with a cynical attitude;
- blame themselves when things go wrong;
- undervalue their contributions to successful outcomes.

### Benefits of positive thinking

Research has shown that positive thinking is associated with numerous benefits, including:

- improved mental health;
- enhanced ability to manage stress;
- increased resilience to illnesses;
- better overall physical health;
- lower rates of depression;
- reduced risk of heart disease.

### Why does positive thinking help?

Several theories explain the benefits of positive thinking:

#### Stress reduction

Positive thinkers are less impacted by stress, a significant factor in aging and various health issues.

#### Healthier lifestyle choices

Positive individuals are more likely to engage in healthy behaviours, such as regular exercise, balanced diets and avoiding harmful habits.

### Cultivating positive thinking

Changing your mindset doesn't happen instantly, but there are several strategies that can help you choose to develop a more positive outlook over time.

#### Educate yourself

Learn about positive thinking techniques that resonate with you.

#### Surround yourself with positivity

Spend less time around negative people who bring you down.

#### Visualise success

Focus on imagining favorable outcomes and situations.

#### Use positive language

Incorporate affirming phrases like "I can," "It's possible," and "I am able" into your daily conversations.

### **Smile more**

Smiling can boost your mood and positively influence those around you, fostering better relationships.

### **Shift your focus**

Identify when your thought patterns are negative or unhelpful and set about to shift the narrative towards constructive ideas.

### **Practice affirmations**

Regularly remind yourself of your positive traits and qualities to improve self-esteem and overall outlook.

## **Beginning your journey**

To begin thinking more positively, start by paying attention to your thoughts in various situations. Make a conscious effort to transform negative thoughts into positive ones. This shift can enhance both your physical and mental health, leading to increased happiness. As your mindset becomes more positive, you might find yourself making healthier choices, such as exercising more, eating better, and establishing a good sleep routine.



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